



# RENEGADE BOOT CAMPS

## 21 Plant-Based Recipes For Weight Loss

### Introduction

Welcome to 21 Plant-Based Recipes For Weight Loss. If you like food, and you're wondering how in the world to lose weight while allowing your taste buds to sing, then you've come to the right place.

I've put together a winning collection of some of my favorite, delicious recipes the whole family will love. Not only will you enjoy the party your taste buds throw, you'll feel good about the food you and your family are eating.

As a fitness trainer, father and husband, I strive to find what works best for my family and clients when it comes to health and fitness. I realize food should taste good, and at the same time the very way we nourish our bodies should increase our level of health. After all, we are what we eat.

Plant-based recipes offer vital nutrition our bodies need to thrive without extra calories. At the same time these recipes will make your mouth water and leave your friends and family asking for more.

And, guess what? Not a single salad in the whole recipe collection! Sure you'll find some smoothie varieties, along with hearty breakfast, lunch and dinner options. These single dish recipes are enough to serve on their own, however, feel free to get creative and serve a side

dish or green salad with some of the lunch and dinner options. Rest assured if you don't have the time, these recipes will do the trick.

Inside you'll find 7 Breakfast, 7 Lunch, and 7 Dinner Recipes. Mix and match your favorites to make your perfect meal plan. Losing weight and finding your best body doesn't have to be tasteless. Indulge in these plant-based recipes as you work toward weight loss and optimal health.

## Yours in Fitness, Amy

I love hearing from you. Let me know your favorites from this plant-based recipe compilation by emailing me at [amy@fusionfitnessvt.com](mailto:amy@fusionfitnessvt.com),

You can find us on facebook at <https://www.facebook.com/FusionFitnessVT>.

# 21 Plant Based Recipes for Weight Loss

## Table of Contents

### Plant Based Breakfast Recipes

- Corn and Black Bean Cakes
- Breakfast Tacos
- Green Smoothies
  - Orange-Banana-Strawberry-Spinach
  - Pine-Orange-Banana-Spinach
  - Banana-Berry-Spinach
- Granola Bars
- Layered Millet Porridge

### Lunch Recipes

- Spilt Pea and Cauliflower Soup
- Luscious Lunch Smoothie Ideas
  - Tomato-Basil Lunch Time Refresher
  - Persimmon-Cinnamon-Rosemary-Smoothie
  - Cucumber-Honeydew-Spinach Green Drink

- Chile Pesto Noodles
- Veggie Wraps With Herbed Hummus
- Butternut Soup

## Dinner Recipes

- Stuffed Squash
- Sweet and Sour Tofu
- Rice Noodles with “Peanut” Sauce
- Vegan Mac and No Cheese
- Paleo Pad Thai
- Eggplant and Green Bean Curry
- Enchilada Casserole

## Plant Based Breakfast Recipes

Kick start your day with these delicious plant-based recipes. Enjoy the tastiness of whole food ingredients on your palette and for your health.

### Corn and Black Bean Cakes

from the Forks Over Knives Recipe Collection

By [Del Sroufe](#)



#### **INGREDIENTS:**

- 1½ cups gluten free all purpose flour
- ½ cup cornmeal
- 1 tablespoon aluminum-free baking powder
- ½ teaspoon sea salt
- 1½ cups unsweetened, unflavored plant milk
- ¼ cup unsweetened applesauce
- 1 medium red bell pepper, seeded and finely diced
- 1 (10-ounce) package frozen corn kernels, thawed

- 1 cup cooked or canned black beans, rinsed and drained
- 6 green onions, white and light green parts thinly sliced
- [Tomato Salsa \(or use store-bought\), for serving](#)

### Instructions:

Preheat the oven to 200°F.

1. In a large bowl, whisk together the flour, cornmeal, baking powder, and salt until well combined.
2. Make a well in the center of the flour mixture and add the plant milk, applesauce, bell pepper, corn, black beans, and green onions. Gently fold the ingredients together just until incorporated. Do not overmix.
3. Heat a griddle or large nonstick pan over medium heat until a few droplets of water dropped in the pan jump and sizzle.
4. Spoon ½ cup batter for each pancake onto the pan, making sure they don't touch each other, until no more will fit. Cook until the undersides are crisp and the pancake can be flipped easily without falling apart, about 4 minutes.
5. Using a spatula, turn the pancakes over and cook until the other side is lightly browned and crisp, about 4 minutes.
6. Transfer the pancakes to a heatproof platter and place in the oven to keep warm. Repeat with the remaining batter.
7. Serve the pancakes topped with salsa, sour "cream," and chopped cilantro.

## Breakfast Tacos

From the Forks Over Knives Recipe Collection

By [Lindsay S. Nixon](#)



### INGREDIENTS:

- 3 corn tortillas
- 1 sweet potato, cooked
- ½ cup cooked black beans
- ½ cup cooked greens (e.g., steamed kale or collards)
- 2 green onions, sliced
- hot sauce
- salsa (optional)
- nutritional yeast (optional)

- guacamole (optional)

### Instructions:

1. Warm corn tortillas if they've been in your fridge. I like to heat each side over a low flame for 10–15 seconds on my gas stove, but a few seconds in the microwave covered with a damp paper towel also works.
2. Mash sweet potato with a fork (you can mix in spices like ground cumin, chili powder, garlic powder, onion powder, and cayenne if you like, or even a basic fajita or taco seasoning with a splash of nondairy milk) and spread into the center of the tortilla.
3. Top with beans, greens, and green onions, plus hot sauce, salsa, nutritional yeast, and guacamole as desired (I overflow my tacos so they are really filled). Enjoy!

## Green Smoothies

from [Best-Free-Workout-Plans.com](http://Best-Free-Workout-Plans.com)

\_\_\_\_\_ by Amy Lewis



### Orange-Banana-Strawberry-Spinach Smoothie

#### Ingredients

- ½ C orange juice
- 2 bananas
- 12 strawberries
- 2C spinach
- water as necessary

#### Instructions

1. Blend all ingredients until smooth
2. Add water to make desired thickness
3. Enjoy

### Pine-Orange-Banana-Spinach Smoothie

## Ingredients

- 2 bananas
- 1/3 pineapple, cored
- 1/2 Cup Orange Juice
- 2C Spinach

## Instructions

1. Blend all ingredients until uniform
2. Add water to reach desired consistency

## Banana-Berry-Spinach Smoothie

### Ingredients

- 2 bananas
- 1/2C blueberries
- 1/2C raspberries
- 2C spinach
- water as necessary

### Instructions

1. Blend all ingredients until uniform
2. Add water to reach desired consistency

## Granola Bars

from [The Recipe Hacker](#)

\_\_\_\_\_ by Diana Keulian



## Ingredients

- 2 Tbsp. milled chia seeds
- 2 Tbsp. flax meal
- ¼ cup water
- ½ cup raw pumpkin seeds
- 1 cup sliced almonds
- 1/3 cup + 1 Tbsp. coconut oil, divided
- ¼ cup honey
- 1/3 cup almond butter
- ¼ tsp. almond extract
- 2 cups unsweetened, shredded coconut ½ cup blanched almond flour ● 1 tsp. baking soda
- 1 Tbsp. sesame seeds
- 1 cup mini chocolate chips, divided

## Instructions

1. Preheat the oven to 325°F. Line an 8 × 8 pan with parchment paper.
2. In a small bowl, combine the milled chia seeds, flax meal, and water. Whisk with a fork and set aside for 5 minutes to thicken.
3. Place the pumpkin seeds and sliced almonds in a food processor. Pulse for 20 seconds. Add the coconut oil, honey, almond butter, and almond extract. Pulse for 20 seconds. Add the shredded coconut, almond flour, 1) baking soda, and sesame seeds. Pulse until well combined. Add the mini chocolate chips. Use a large spoon to mix the chocolate chips into the dough.
4. Press the dough into the prepared pan. Smooth out the top. Bake for 20–25 minutes, until golden and bubbly. Remove from the oven and allow to cool in the pan for 15 minutes. Once cooled, loosen the sides with a knife, and then invert onto a cutting board. Remove the parchment paper by peeling off carefully. Cut into bars.
5. Combine the remaining 1 tablespoon coconut oil and ½ cup mini chocolate chips in a small pot. Place in a medium skillet of water and set over medium heat. Mix until smooth. Dip the bars into the melted chocolate and drizzle over the tops. Chill for 20 minutes to harden the chocolate. Enjoy!

## Layered Millet Porridge

From Food Matters.TV

by Ashley McLaughlin



### Ingredients

- 1 – 1 1/4c pre-cooked millet (cooked in water)
- 1/2 unsweetened almond milk
- 1 tbsp cinnamon
- 1 tbsp vanilla
- 1/3 cup frozen blueberries
- 1/3 cup frozen cherries

### Instructions

1. Add millet and milk together in a pot over medium heat and bring to a simmer for 3-5min.
2. Once it starts to thicken, add in frozen fruit and stir.
3. When the fruit is cooked and the desired consistency is met, take the pot off the heat.
4. Layer with your favourite superfoods & enjoy!

## Lunch

Fuel up mid-day with these delicious recipes. Full of flavor and essential nutrients, these recipes will satisfy your taste buds and your nutritional needs.

### Split Pea and Cauliflower Soup

From Forks Over Knives Recipe Collection

By [Katie Mae](#)



## Ingredients

- 2 cups green split peas
- 8 cups low-sodium vegetable broth or water
- 2 cups cauliflower, chopped
- 2 carrots, diced
- 1 onion, diced
- 1 tablespoon cumin
- 1 tablespoon coriander
- 1 tablespoon garlic granules
- ½ teaspoon curry
- ½ teaspoon garam masala

## Instructions:

1. In a large soup pot with a lid, bring the split peas and the vegetable broth or water to a boil. Then reduce heat to medium-low and continue to simmer for 1 hour, stirring occasionally.
2. In a sauté pan, sweat\* the cauliflower, carrots, and onions until the cauliflower starts to brown and the onions become translucent, stirring frequently. If the veggies start to stick to the bottom of the pan, add a little water as needed. Then add the spices and cook for a couple more minutes, stirring frequently.
3. Pour the veggies into the split peas. Let the soup simmer for 30 minutes, or until it reaches your desired consistency. The longer the soup cooks, the more the split peas break down and the creamier the soup becomes. If it gets too thick, you can add more water or vegetable broth.

## \*Chef's Note:

Sweating is a mix of sautéing and steaming. The idea is that the veggies “sweat” (release some of their natural water), creating enough moisture to soften and steam them in their own juices without adding any liquid. To sweat cut veggies, place them in a dry sauté pan over medium heat. Stir frequently until the desired consistency is reached, covering the pan

when not stirring. If the veggies start to stick to the bottom of the pan, add a little water or vegetable broth. You can also turn down the heat.

For more recipes and convenient meal preparation, [download the Forks Over Knives Recipe App](#) for iPhone and iPod touch.

## Luscious Lunch Smoothie Ideas

From [Best-Free-Workout-Plans.com](http://Best-Free-Workout-Plans.com)

By Amy Lewis

### Tomato Basil Lunch Time Refresher



#### Ingredients

- 3-4 medium tomatoes
- handful fresh basil leaves
- 1-2 stalks celery
- 8-10 ice cubes

#### Instructions

1. Place all ingredients in blender and pulse until ice is dissolved. Turn blender up to high and blend until smooth and frothy.
2. Pour, and enjoy! Place flowers and a little umbrella in for fun.
3. Rinse blender pitcher and top for ease of clean up.

## Persimmon-Cinnamon-Rosemary Smoothie



### Ingredients

- 3 ripe, medium sized persimmons (I use hiyacha)
- a dash of raw cinnamon powder
- 1-2 tsp
- fresh rosemary leaves
- 8-10 ice cubes

### Instructions

1. Place all ingredients in blender, pulse on low until ice cubes are dissolved. Turn blender to high and blend until smooth. Pour and enjoy.
2. Rinse blender pitcher and top for ease of clean up.

## Cucumber-Honeydew-Spinach Green Drink



### Ingredients

- 2 cucumbers
- 1 honeydew melon
- 2 Cups spinach

- 6-8 ice cubes

### Instructions

1. Place all ingredients in blender. Pulse on low until ice is dissolved.
2. Turn to high and blend until smooth. Pour and enjoy! Rinse blender pitcher and top for ease of clean up.

## Chile Pesto Noodles

From The Recipe Hacker

by Diana Keulian



**Quick Tip:** For a classic basil pesto try this simple dairy-free recipe: ½ cup raw walnuts, 3 cups fresh basil leaves, 4 garlic cloves, 1 teaspoon sea salt, ¼ cup olive oil, ½ cup nutritional yeast and 1 tablespoon lemon juice. Combine in a food processor.

### Ingredients

- 3 green jalapeños
- ½ cup shelled pistachios
- 2 cups fresh cilantro
- 2 cups fresh arugula
- 1 Tbsp. fresh oregano
- 3 cloves garlic
- 1 Tbsp. ground cumin juice from 1 lime
- 1/3 cup chicken broth
- ¼ cup olive oil

- dash of sea salt and black pepper
- 4 organic zucchini, turned into noodles

### Instructions

1. Place the jalapeños on a grill pan over medium heat. Cook until evenly charred. Once the jalapeños are charred, remove from heat and place in a paper bag. Fold the bag closed and leave for 10 minutes. When cool enough to handle, rub off the skins with a paper towel. Slice in half and seed.
2. Place the pistachios in a small, dry skillet. Cook over medium heat until lightly toasted.
3. Place the jalapeños, pistachios, arugula, oregano, garlic, cumin, lime, chicken broth, olive oil, sea salt, and black pepper in a food processor. Pulse until creamy. Place the zucchini noodles in a large bowl and mix with the pesto. Enjoy!

## Veggie Wraps with Herbed Hummus

From Bravo! Health Promoting Meals From The True North By [Ramses Bravo](#)



### Ingredients

- 12 to 16 collard green leaves, stemmed
- 1 cucumber, peeled and cut into thin strips
- 1 red bell pepper, cut into thin strips
- ½ medium jicama, peeled and cut into thin strips
- ½ cup hearts of palm, cut into strips, rinsed, and patted dry
- 1 small carrot, peeled and cut into thin strips

- 1 stalk celery, cut into thin strips
- 2 cups [Herbed Hummus](#)
- 1 ripe avocado, sliced
- ½ cup cashews, toasted and slightly crushed
- 20 fresh basil leaves
- 1 tablespoon chopped fresh chives

## Instructions

1. Steam the collard green leaves for 1 minute. Remove immediately and let cool. Lay flat and arrange into four 8 x 10-inch rectangles. Lay a paper towel on top of each rectangle and roll a rolling pin over the leaves to crush the veins.
2. Put the cucumber, bell pepper, jicama, hearts of palm, carrot, and celery in a medium bowl and stir until well combined.
3. To assemble a wrap, put a rectangle of collard green leaves on a cutting board and spread one-quarter of the hummus along one of the longer edges, then arrange one-quarter of the avocado on top of the hummus and one quarter of the cucumber mixture, cashews, basil, and chives alongside the hummus. Roll up halfway, tucking in the ends so the filling won't squeeze out. Finish by rolling the wrap as tightly as possible. Assemble the remaining wraps in the same fashion (to make 4 wraps in all).
4. Serve the wraps whole and eat them like burritos, or cut them into slices and serve them on a plate like sushi. Veggie Wraps with Herbed Hummus can be assembled in advance. Individually wrapped in plastic and stored in the refrigerator, they will keep for 2 days.

## Butternut Soup

From [The Happy Herbivore](#)

By Lindsay S. Nixon



## Ingredients

- 2 whole butternut squash
- 2 cups low-sodium vegetable broth

- 2-4 teaspoons mild curry powder

### Instructions:

1. Slice butternut in half. Place cut-side-down on a cookie sheet and bake at 350°F for 20 to 45 minutes, until the squash can be pierced easily with a fork but be careful not to burn. If the skin starts turning brown, it's done. Set aside to cool until it is safe to handle.
2. Scoop out seeds and stringy matter and discard. Then scoop out the flesh of one butternut and transfer to a blender.
3. Add vegetable broth, starting with 1 cup, adding more as necessary until the soup becomes thick and silky but totally pureed. Transfer puree to a medium saucepan and repeat these steps with second squash.
4. Add curry powder to taste (all curries are a little different, some stronger than others). Gently reheat on the stove over low heat, adding salt to taste if desired. You can also add cayenne or hot sauce for a spicier curry flavoring.

## Dinner

Quick and easy delicious dinner ideas the whole family will love. These plant-based meals give you the fuel you need without the added calories and fat. Enjoy!

### Stuffed Squash

Adapted From [RealHealthyRecipes.com](http://RealHealthyRecipes.com)

By Diana Keulian



### Ingredients

- 3 Delicata squash (Butternut, Acorn or other similarly sized squash would also work great.)
- ½ C dry Quinoa
- 1C water
- 3 garlic cloves, minced

- 1 yellow onion, chopped
- 1 red bell pepper, seeded and chopped
- 1 teaspoon ground [cinnamon](#)
- 1 teaspoon [curry powder](#)
- ¼ teaspoon [sea salt](#)
- ¼ teaspoon [allspice](#)
- ¼ cup [tomato sauce](#)
- 1 Tablespoon [coconut aminos](#)
- 1 (4oz) can [mild green chiles](#), chopped
- Fresh chives, chopped (optional as garnish)

## Instructions

1. Boil the water and add the dry quinoa. Return to the boil , then cover and simmer for 15-20 minutes. Fluff with a fork.
2. Preheat the oven to 400 degrees F. Wash the squash and slice each in half, lengthwise. Scoop out all of the seeds. Place the squash halves, cut side up, on a baking sheet and roast in the oven for 20-30 minutes, until tender. The roasting time will vary depending on the size of your squash — the bigger and thicker the squash the longer the roasting time will be.
3. Place a large skillet over medium heat and add in garlic, onion, bell pepper ., saute until soft.
4. Add the remaining ingredients including the quinoa, and combine
5. Fill each squash with a generous serving of the quinoa mixture. Top with fresh chopped chives if desired. Serve immediately. Enjoy!

## Sweet and Sour Tofu

From [PlantBasedCooking.com](#)

By Diane Smith



## Ingredients:

- **For Tofu:**
- 1 16 oz. container firm tofu, drained, halved crosswise and pressed for 20 minutes.
- 1/3 cup soy sauce
- 2 T. maple syrup
- 3 T. ketchup
- 2 T. rice vinegar
- 1 dash hot sauce
- 1/4 tsp. garlic powder
- 1/4 tsp ground black pepper
- **Stir-Fry:**
- 1 large red onion, cut into chunks
- 1 large bell peppers, cut into chunks
- 2 cloves garlic, crushed
- 2 large carrots, sliced
- 2 cups of pineapple chunks
- 2 cups cooked quinoa or rice

## Instructions

Preheat oven to 375 degrees

1. Prepare the tofu by pressing: Cut tofu in half lengthwise and put between newspaper after first covering with paper towel. Place a large container weighted down with canned food on top. Press for at least 30 minutes. Then, cut tofu into inch sized pieces.
2. Prepare marinade in a wide container and place pressed tofu into it for another 30 minutes, covering on all sides.
3. Lightly coat a non-stick cookie sheet with spray and place marinated tofu cubes on sheets keeping them separated. Reserve marinade for the sauce.
4. Bake for 15 minutes, flip tofu and cook for another 15 minutes until toasty brown.
5. In the meantime, place onion, carrot, peppers, and garlic in a large fry pan with about 1/2 cup water. Lightly boil until veggies are crisp-tender.
6. Add the pineapple chunks along with the reserved marinade and stir to coat vegetables. Cook through to heat.
7. Serve over quinoa or rice.

## Rice Noodles with “Peanut” Sauce

Adapted from [RealHealthyRecipes.com](http://RealHealthyRecipes.com)

By Diana Keulian



## Ingredients

- \*For the “Peanut” Sauce:
- ¼ cup soy sauce
- ⅛ cup brown rice vinegar
- ⅓ cup filtered water
- 1 Tablespoon pure Maple syrup
- Dash of freshly ground sea salt
- 1 inch piece of fresh ginger
- 1 cup natural almond butter
- 2 Tablespoons toasted sesame seed oil
- ½ teaspoon paprika
- \*For the Noodles:
- ¾ lb rice noodles
- ½ lb green beans, cut into 1½ inch pieces
- 1 medium carrot, cut into matchsticks
- 10oz bag frozen corn ● 1 red bell pepper, sliced

## Instructions

1. \*For the Peanut Sauce:
2. Throw all of the ingredients into your blender and puree until smooth. Serve right away or chill and then bring to room temp before serving.
3. \*For the Noodles:
4. Bring a large pot of water to boil, and cook the noodles for about 5 minutes. Add the beans, carrots, corn and bell pepper and cook for another 5 minutes.
5. Drain the noodles and veggies. Transfer to a medium sized serving bowl and drizzle “peanut” sauce over the noodles

Vegan Mac and No Cheese

From AllRecipes.com

By Aziazel



## Ingredients

- 1 (8 ounce) package uncooked, gluten free. elbow macaroni
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 cup cashews
- 1/3 cup lemon juice
- 1 1/3 cups water
- salt to taste
- 1/3 cup canola oil
- 4 ounces roasted red peppers, drained
- 3 tablespoons nutritional yeast
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

## Instructions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Bring a large pot of lightly salted water to a boil. Add macaroni, and cook for 8 to 10 minutes or until al dente; drain. Transfer to a medium baking dish.
3. Heat vegetable oil in a medium saucepan over medium heat. Stir in onion, and cook until tender and lightly browned. Gently mix with the macaroni.
4. In a blender or food processor, mix cashews, lemon juice, water, and salt. Gradually blend in canola oil, roasted red peppers, nutritional yeast, garlic powder, and onion powder. Blend until smooth. Thoroughly mix with the macaroni and onions.
5. Bake 45 minutes in the preheated oven, until lightly browned. Cool 10 to 15 minutes before serving.

## Paleo Pad Thai

Adapted From [AgainstAllGrain.com](http://AgainstAllGrain.com)

By Alta-Tasty Eats at Home



### Ingredients:

- 1 tablespoon tamarind paste
- 1/3 cup warm water
- 2 tablespoons coconut aminos
- 2 tablespoons coconut palm sugar
- 1 tablespoon coconut vinegar or apple cider vinegar
- 1 tablespoon coconut oil
- 1 cup chopped scallions
- 1/2 cup shredded carrots
- 2 teaspoons minced garlic
- 16 oz. firm tofu
- 3 cups spiral-cut yellow summer squash (can substitute zucchini “noodles” or spaghetti squash)
- 3 oz mung bean sprouts (can substitute shredded or julienned jicama)
- 1/3 cup toasted cashews, chopped
- Crushed red pepper flakes
- 1 lime, cut into wedges

### Instructions:

1. In a small bowl, whisk together the tamarind paste, water, coconut palm sugar, and vinegar. Set aside.
2. Place a large skillet or wok over high heat. Add coconut oil, and toss in 2/3 of the scallions, and all of the carrots and garlic. Saute, stirring constantly, for 15 seconds.
3. Add tofu to the pan, and scramble.
4. Add the squash “noodles”, half of the bean sprouts, half of the cashews, and the sauce.
5. Continue to stir/toss until everything is heated through, about 1 minute.
6. Transfer to serving dish. Garnish with the remaining scallions, bean sprouts, and cashews.
7. Serve with crushed red flakes and lime wedges.

## Eggplant and Green Bean Curry

From FoodMatters.TV

By Lee Holmes



### Ingredients

- 4 tablespoons extra virgin coconut oil
- 6 small eggplants (aubergines), cut into 6 cm (2 1/2 inch) wedges
- 300 ml (10 1/2 fl oz) tomato passata (puréed tomatoes)
- 270 ml (9 1/2 fl oz) additive-free coconut milk
- 300 g (10 1/2 oz) green beans
- Celtic sea salt
- Freshly ground black pepper
- 80 g (2 3/4 oz/1/2 cup) activated almonds, roughly chopped, to serve
- Handful of coriander (cilantro) leaves, chopped, to serve
- Juice of 1 lime
- Lime halves, to serve
- CURRY PASTE

- 1 large brown onion, chopped
- 3 garlic cloves, chopped
- 2 thumb-sized pieces of ginger, chopped
- 1 large red chilli, finely chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon cardamom
- 1 teaspoon turmeric
- 1 teaspoon curry powder

## Instructions

1. Place all the curry paste ingredients in a food processor with 2 tablespoons of filtered water and whizz together for a few seconds.
2. Heat 2 tablespoons of the coconut oil in a large frying pan over medium–high heat and fry the eggplants until browned. Remove from the pan and set aside on paper towel to drain.
3. Heat the remaining coconut oil in the pan and cook the curry paste ingredients for about 3 minutes. Add the eggplant and stir so it is well covered in the paste. Add the tomato passata and coconut milk and simmer, partially covered, for 10 minutes.
4. Lastly, add the green beans and cook for a further 6 minutes.

## Enchilada Casserole

From Forks Over Knives Recipe Collection

By Cathy Fisher



## Ingredients

- 1 medium yellow onion, chopped (about 2 cups)
- 1 medium red bell pepper, chopped (about 1½ cups)
- 1 tablespoon freshly minced garlic (5 medium cloves)
- 1 teaspoon dried oregano

- 1 teaspoon dried basil
- 2 teaspoons chili powder
- 1 can (15 ounces) diced tomatoes (1½ cups), not drained
- 1 can (15 ounces) black beans (1½ cups), drained and rinsed
- 1 medium zucchini, diced (about 1½ cups)
- 1 cup raw, frozen, or canned corn (drained)
- 5 cups roughly chopped chard leaves (about 4 large leaves)
- 6 corn tortillas (6-inch) cut into 1-inch squares
- Guacamole or diced avocado (optional)

## **Instructions**

1. Preheat the oven to 375°F. Chop or prepare all ingredients before starting. Place 2 tablespoons of water into a large skillet or soup pot on high heat. When the water begins to sputter, add the onion and bell pepper and sauté for 5 minutes.
2. Reduce the heat to medium, add the garlic, oregano, basil and chili powder, and sauté for 1-2 minutes more, adding water as needed to keep things moving.
3. Stir in the diced tomatoes, beans, zucchini, corn, chard, and 4 of the cut-up tortillas, and cook, covered, for 5 minutes more, stirring halfway through.
4. After the 5 minutes, place 1 cup of this mixture into a blender and blend until smooth, then add this sauce back into the pot and stir. Spoon into a 9 × 13-inch baking dish (you do not need to prepare the dish with any oil or parchment paper).
5. Scatter the pieces from the remaining 2 tortillas across the top, and bake uncovered for 15 minutes.
6. Remove from the oven and let stand for 5 minutes before serving. Serve topped with guacamole or diced avocado (if using).